

BASKETBALL PLAYER'S

HANDBOOK

WAKEFIELD HIGH SCHOOL
BASKETBALL SCHEDULE
1953-1954

Dec. 11	Fri.	at Western J.V.	3:45
Dec. 15	Tues.	at Herndon J.V.	3:30
Dec. 17	Thurs.	Chamberlain J.V. at T.J.	8:00
Jan. 5	Tues.	St. Stephens	4:00
Jan. 8	Fri.	at Wash-Lee J.V. (prelim)	7:00
Jan. 13	Wed.	Falls Church J.V.	4:00
Jan. 15	Fri.	Mt. Vernon J.V.	8:00
Jan. 19	Tues.	at Rich. Montgomery J.V.	3:45
Jan. 22	Fri.	Western J.V.	4:00
Jan. 26	Tues.	Fairfax J.V.	4:00
Jan. 29	Fri.	Geo. Wash. J.V.	8:00
Feb. 2	Tues.	Herndon J.V.	4:00
Feb. 5	Fri.	Mt. Vernon J.V.	8:00
Feb. 9	Tues.	at Fairfax J.V. (prelim)	7:00
Feb. 12	Fri.	St. Stephens	8:00
Feb. 17	Wed.	at Falls Church J.V.	3:15
Feb. 19	Fri.	Capitol Page School	8:00
Feb. 23	Tues.	at Geo. Wash. J.V.	3:30
Feb. 25	Thurs.	Wash-Lee J.V.	4:00

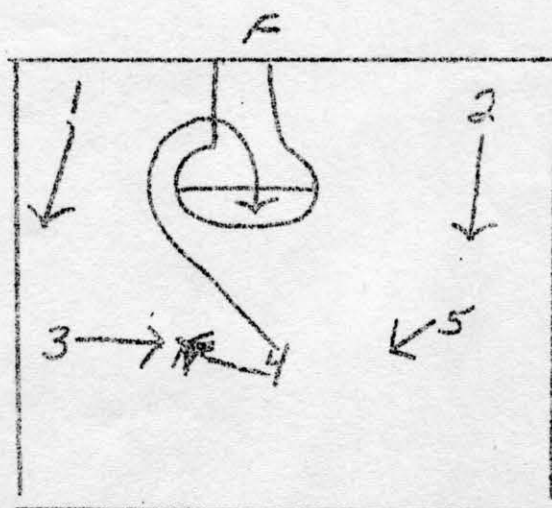
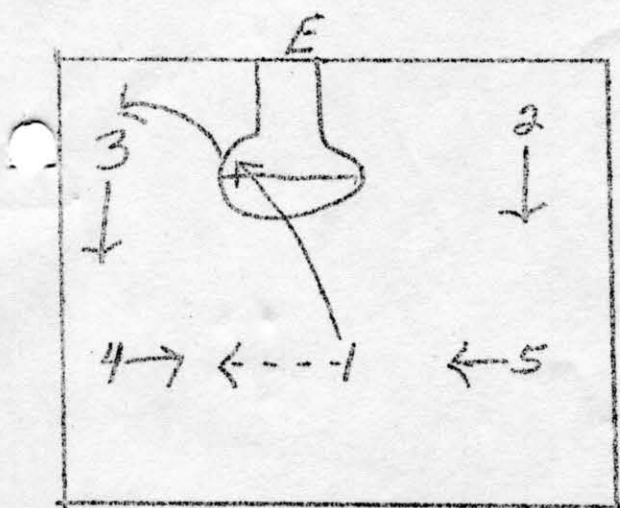
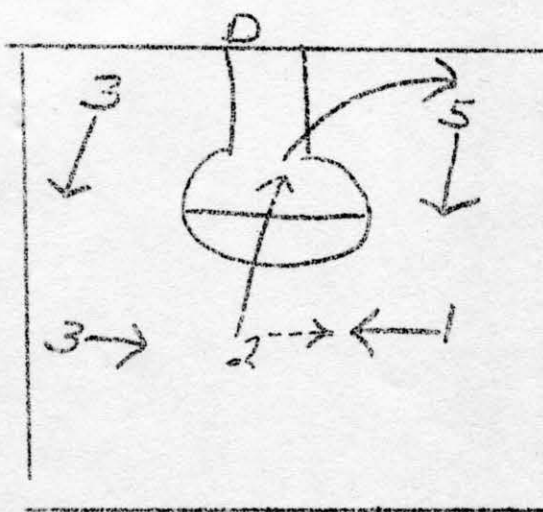
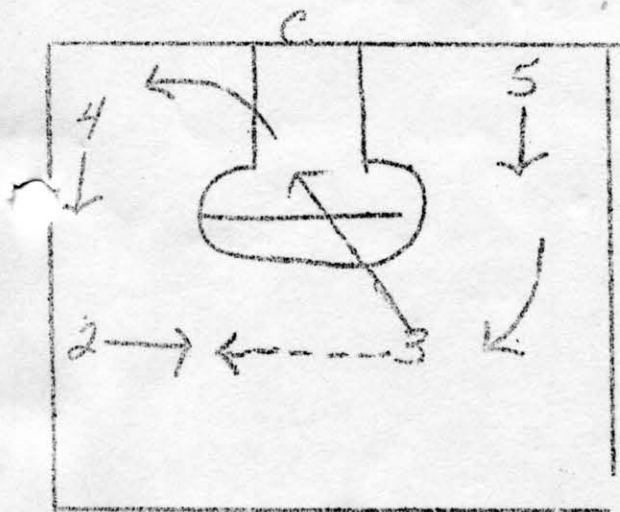
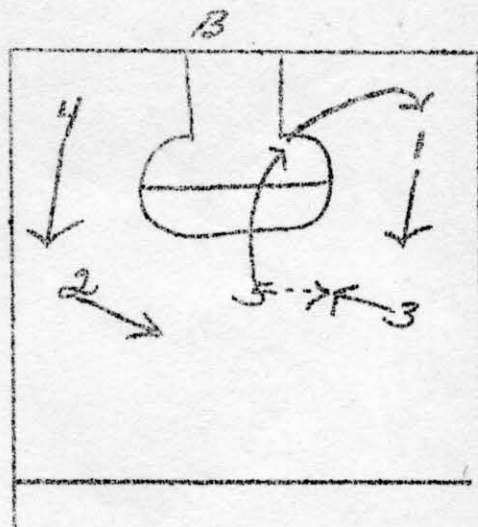
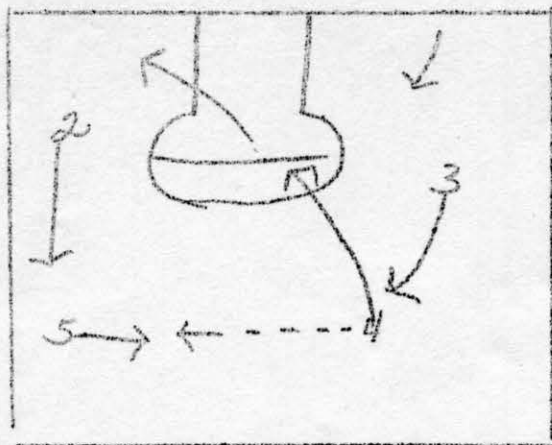
WAKEFIELD JUNIOR HIGH SCHEDULE

Jan. 15	Fri.	Thos- Jeff.	4:00
Jan. 22	Fri.	at Stratford.	3:45
Jan. 28	Thurs.	Swanson	4:00
Feb. 5	Fri.	at Thos-Jeff.	2:30
Feb. 12	Fri.	Stratford.	4:00
Feb. 19	Fri.	at Swanson	3:15

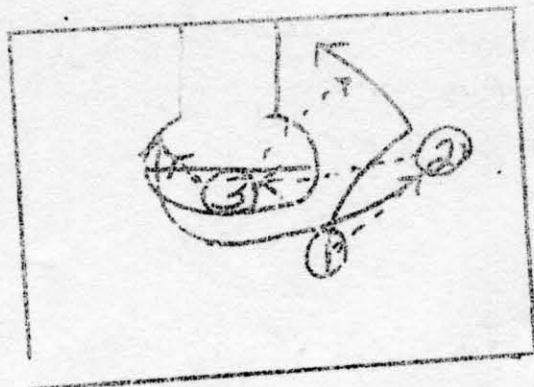
TRAINING SUGGESTIONS

1. Training rules are for your own welfare. You should set up your own standards of training and make them stick.
2. Get regular sleep--at least nine-ten hours---each night.
3. Some people can mix smoking, drinking and night life with a lot of other things in life--BASKETBALL IS NOT AMONG THOSE THINGS.
4. Always take a shower after each practice. Limit your shower to three or four minutes and finish with a cold dip. Dry yourself well especially the back of your neck. Try to keep your hair dry while
5. You are using up plenty of energy in growing and playing basketball. You must replenish what you are using by eating well-balanced meals on schedule. Avoid dulling your appetite by eating between meals. Store up a little extra reserve energy now so that you'll still go strong late in January and February.
6. A basketball player is just as good as his feet. Wear good basketball (tennis) shoes. Be sure they are laced tightly. Change your athletic socks regularly. Dry your feet well after showering especially between the toes.
7. Towels, socks, supporters, trunks and T-Shirts are never clean enough.
8. Eat some fresh fruit every day. Drink six to eight glasses of water daily. Remember you perspire freely.
9. Always slip on a sweat-shirt or jacket after practicing hard. Never sit down and cool off with out protecting against drafts.
10. Don't neglect a cold. Nip it in the bud. Get plenty of rest.
11. Let us know if you are tired. A fresh sub is better than a tired first-stringer.
12. Be neat. If you aren't going to be champions at least look like champions. Dress neatly. People judge you by your appearance and actions. Be a gentleman on and off the court. Remember you are a representative of your school and as such your conduct should be above reproach. Conduct yourself so that all may be proud of you.
13. Poor physical condition and our fast type of play cannot go together. One must improve or the other will suffer. You must be in tip-top shape.
14. Report all rashes, blisters, irritations, sprains, etc., right away.
15. Remember you are expected to keep yourself in top shape at all times. Don't burn the candle at both ends. If you are to stay in shape such temptations as snacks, movies, TV, slip shod homework, social life will sometimes suffer. Don't let your teammates, school, and coach down by thoughtlessly or selfishly doing something that may affect either you or the team.

A FIGURE 8

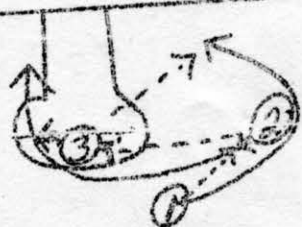


Drills off of the pivot



No 1 passes to No. 2 and No 1 cuts inside of No 2 to screen his man. No 2 passes to No 3 - Nos. 2 & 1 both cut for basket - No 3 passes to free man.

2



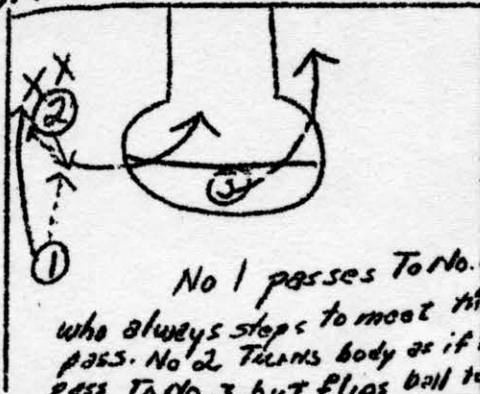
Same as set except Player No 1 goes outside No 2 to pick off his man - Nos 1 & 2 both break for basket.



No 1 passes to No. 2 and sets screen up for him. No 2 passes to No. 3. Nos 3 & 1 cut for basket. Ball goes to free man.

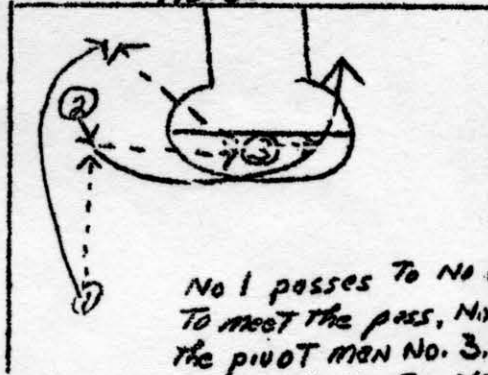
GUARD AROUND

No. 1



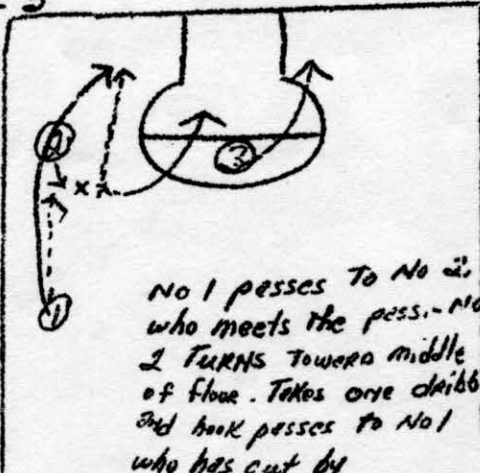
No 1 passes To No. 2 who always steps to meet the pass. No 2 Turns body as if to pass To No 3 but flips ball to No 1. No 1 Takes one dribble and shoots

No. 2



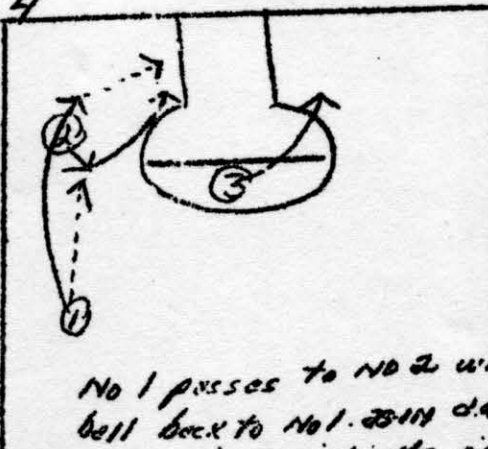
No 1 passes To No 2 who steps To meet the pass, No 2 passes To the pivot man No. 3. No 2 cuts around No. 3. No. 1 breaks with his pass. No 3 passes To either 1 or 2.

3



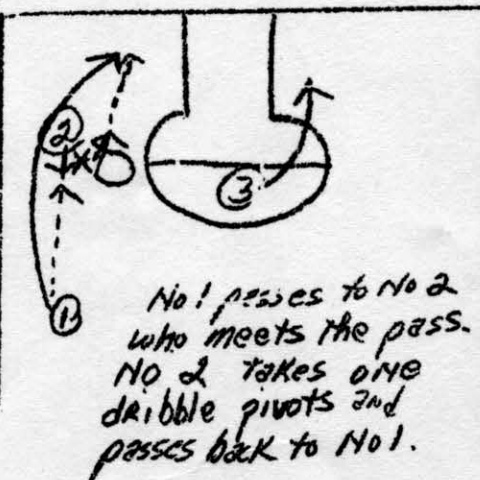
No 1 passes To No 2, who meets the pass. No 2 Turns Toward middle of floor. Takes one dribble and hook passes to No 1 who has cut by

4



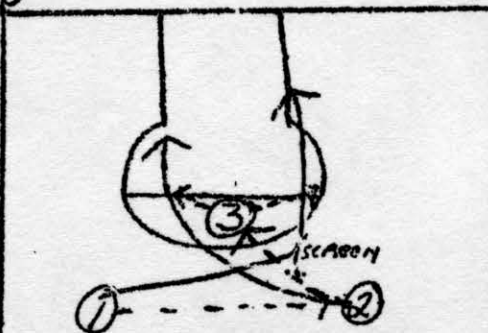
No 1 passes to No 2 who flips the ball back to No 1. No 1 drill No. 1, but No 1 jumps into the air and hook passes to No 2 who has broken for the basket.

5

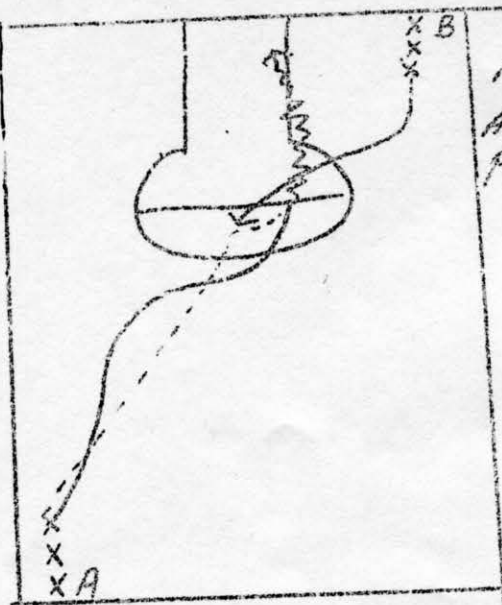


No 1 passes to No 2 who meets the pass. No 2 takes one dribble pivots and passes back to No 1.

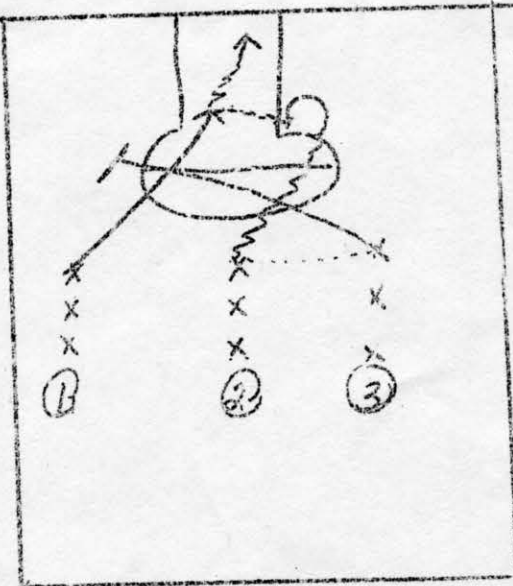
6



No 1 passes To No 2, and then breaks to set screen for No. 2. No. 2 passes To pivot man soon as he gets the ball. No 2 cuts close by No 1 so as to pick off his guard. No 1 and No 2 then break for basket. No 3 passes To man who is open



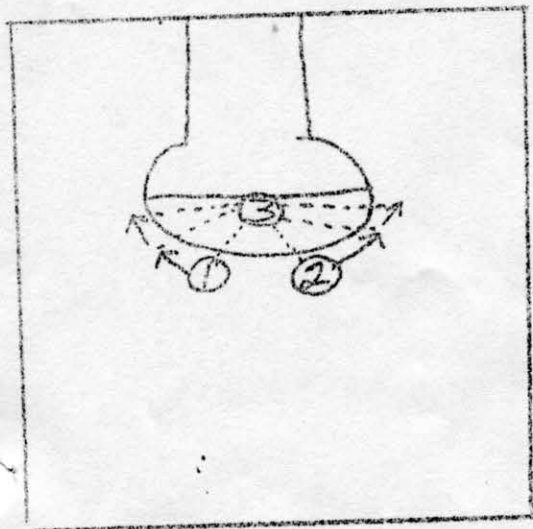
Meet the pass drill
 A passes to B who cuts to meet the pass.
 A drives in line indicated around B, takes
 pass and dribbles in for lay up shot



Pivoting Pass Drill
 No 3 passes to No 2. No 2 cuts in front of
 No 1 across towards No 1 and screens
 for him - as soon as No 2 receives ball
 he dribbles in rapidly in lines showing
 pivots and passes to No 1 driving for
 basket.

Passing Drills

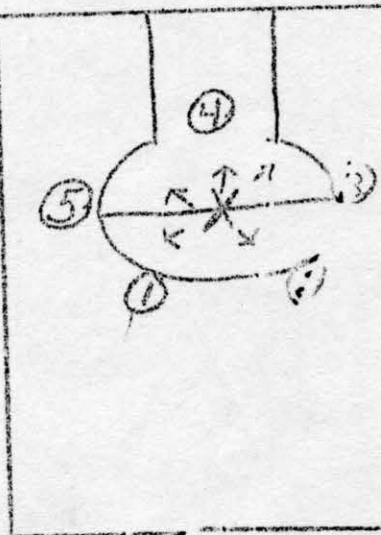
Split Vision Drill



This drill is To help you develop your side vision.

Numbers 1 and 2 each have a ball. No. 1 passes To No. 3. as soon as No. 3 catches it, No. 3 passes back To No. 1 and No. 2 passes in To No. 3. The timing should be such that as No. 3 passes back from No. 1, the pass from No. 2 is on its way, and so forth.

As the drill continues Nos. 1 and 2 gradually work to the side as indicated in the diagram. This gives a wide area for No. 3 To watch.



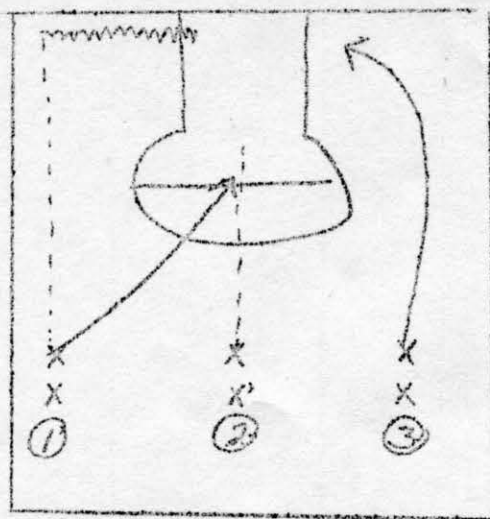
The 5-1 passing Drill

There are 5 offensive men and one defensive man X. X tries To catch, bat or touch the ball as it is passed. Offensive men cannot pass To the man next To them. In other words No. 1 must pass To Nos. 4 or 3. No. 5 must pass To Nos. 3 or 2 and so forth.

If X touches the ball, he replaces the man who passed the ball.

The purpose of this drill is to teach faking, quick bounce passes and speed in all types of passes.

Hook Pass drill



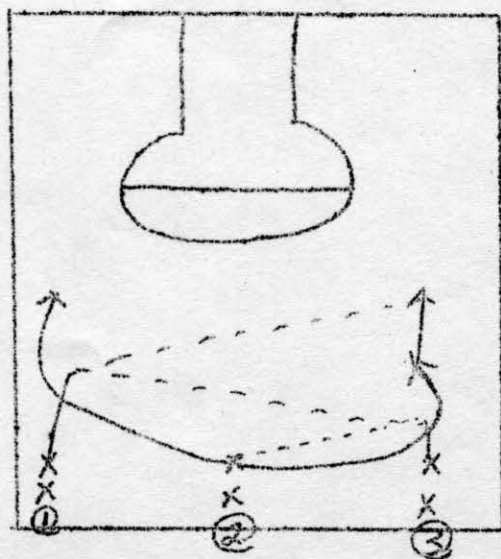
No 1 passes to No. 2 and cuts for basket as shown by line. No 2 passes high to No. 1 who takes the pass and shoots. No. 3 rebounds and dribbles away from the basket to the corner and makes a high hook pass to No 1.

Other Pass drills -

under hand flip pass



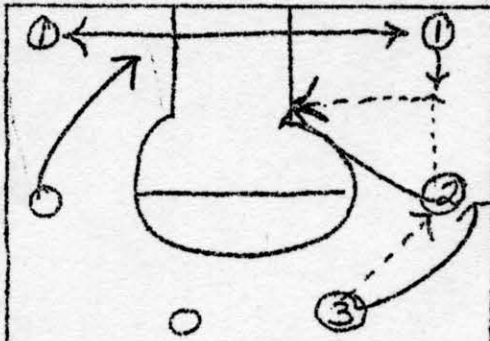
3 man Weave



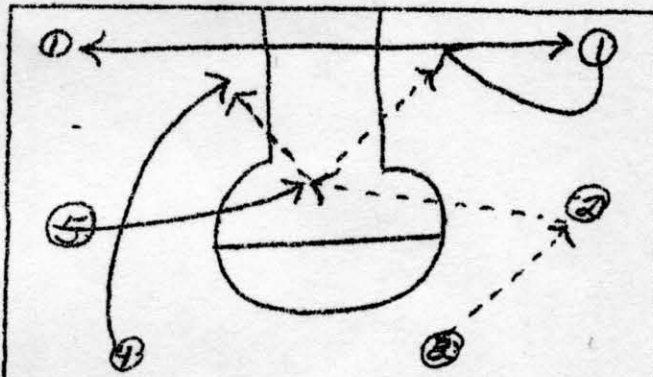
No. 2 passes to No 3 and cuts behind him. No 3 passes to No 1 and cuts behind him. No 1 passes to No 2 and cuts behind him and so on -

ZONE OFFENSE

BASIC



No 1 floats from one side to the other. Play works on either side. No 3 passes to No 2. No 2 passes immediately to No 1 and then cuts for the basket for a return pass. If No 1 can not pass to No 2, he passes to No 3 who has cut to the spot vacated by No 2. He shoots or passes to No 1 and cuts for the basket.



No 1 moves from side to side. When he reaches one of the corners the play starts and goes to the side No 1 is on. No 3 passes to No 2. No 5 cuts for free throw circle. No 2 passes to No 5. No 4 cuts behind No 5.

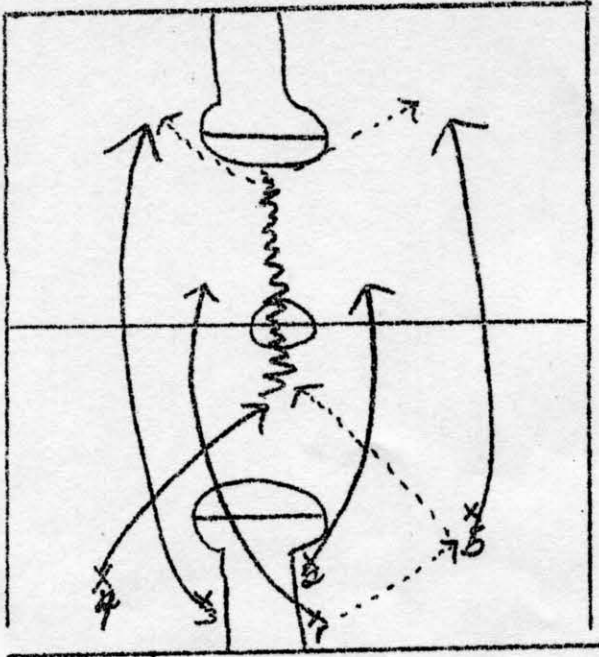
It is very important to remember that passes must be well timed, made quickly and accurately, and that cutting must be at top speed. The most important thing to remember is that in attacking a zone defense the ball must be moved quickly and to cut for the basket at top speed.

Key to drills

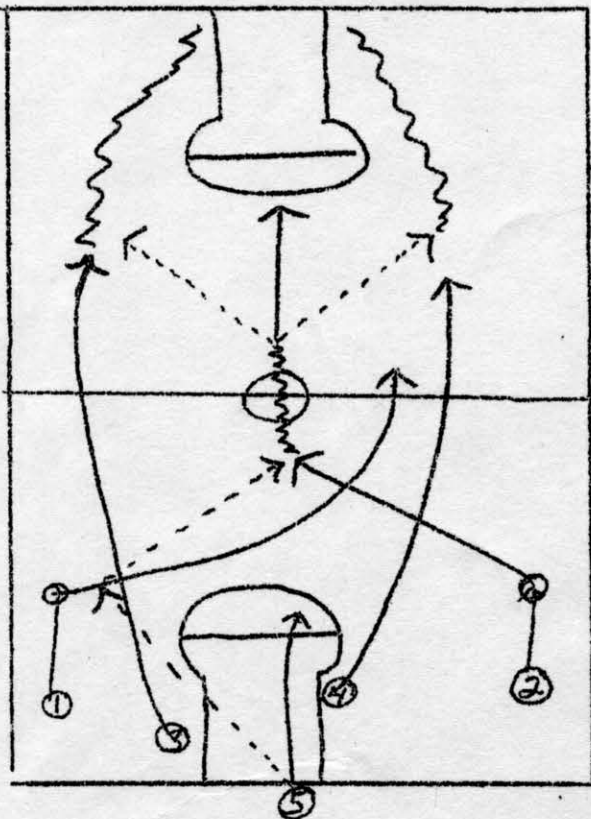
1. - - - - -> pass
2. XX single dribble
3. ~~~~~ continuous dribble
4. R - Rebound
5. —————> pass or break
6. | - screen
7. ———> pivot

Basic

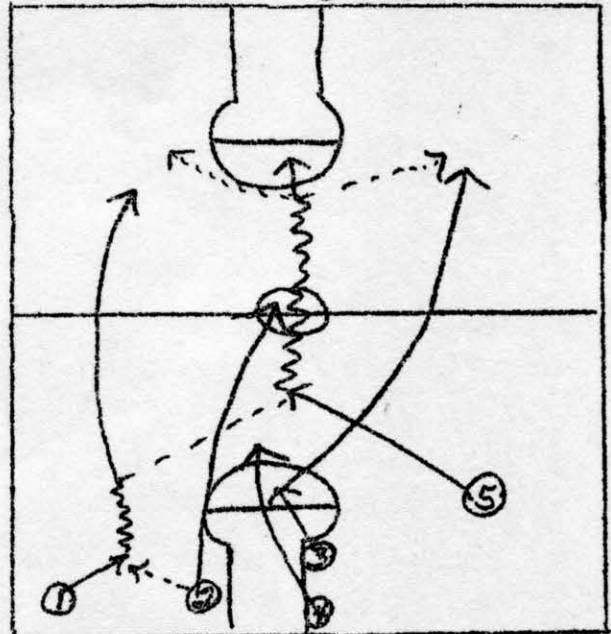
Fast Break Patterns



After Successful Free Throw



after missed free throw



No. 2 Tips back to No. 1 - Nos. 3 and 4 will Tip To No. 5 who is out a little farther than No. 1 - If No. 2 Tips To No. 1, No. 1 immediately starts dribbling looking for No. 3 or 5 cutting for the middle. If he can get the ball out to No. 5, No. 3 will straighten out and go down the right side - If No. 3 gets the pass No. 5 will stay on the right side. The dribbler will go all the way if he can or will feed the side men - No. 2 is the trailer - No. 4 is the safety defensive man

← No. 3 Taps ball to No. 5 who has jumped out to get the ball in quickly for the fast break. Nos. 1 and 2 break as soon as they see that the free throw has been made. No. 5 passes to No 1 or 2. In this case No 5 passes to No 1. No 2 breaks to middle and No 1 passes to No 2. Nos. 3 and 4 cut in the lines indicated. No 2 dribbles as far as he can and then passes to No. 3 or 4. No. 1 is the trailer and No 5 is the safety defensive man.

BALL HANDLING

1. Always receive or pass the ball while in motion. Learn to make a pass while you're in motion. Move in the direction of the ball after you've made the pass. The receiver should always move to meet the pass.
2. Don't forget, the man who passes off cuts first.
3. Always pass the ball to the side away from the defensive man.
4. The receiver should make it easier for the passer. Wherever possible, he may indicate by pointing where he wants the ball thrown without giving the play away.
5. Avoid cross-court passes if possible. Otherwise, use bounce passes. Keep the defense in mind when deciding where to pass.
6. Passes must be crisp. Don't throw with great force in close quarters.
7. Get lots of wrist action into your passes.
8. Give preference to the cutter on your passes. Throw lead passes, keep the ball slightly ahead of the runner if you can.
9. In clearing the ball away from your basket, pass to the same side as the ball rebounds from. Lateral passes under the basket are dangerous.
10. Good passing and ball-handling will make certain a sound offense. Possession of the ball is the best defense known. Your opponent can't score if you have the ball.
11. Always keep busy in the offensive area. A good offensive man is always on the move.
12. Stay low---learn to run low. It will help you to stop quickly, to fake and to change direction sharply.
13. Never run in a straight line; run with a break in your stride,---cut sharply, zig-zag, change your pace, and use all tricks that you can think of to shake yourself free from your guard.
14. Keep the middle or scoring area open--unless you are going in to score or setting up a scoring play.
15. Keep your eyes on your man and the ball--if it is impossible to do both--follow your man in the man to man defense and the ball in a zone defense.--study your defense and your opponents.
16. Use many variations in your movements.
17. Standing pivots are a hindrance--unless they are screening. If they are not screening, they should keep in motion and work on their defensive man. Always cut off the pivot man.
18. Use your eyes to advantage. Precede a pass with a fake look, or fake pass.

DEFENSIVE HINTS

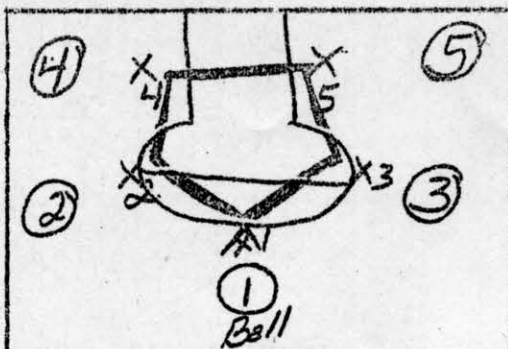
1. Keep your feet on the floor on all fakes.
2. Talk to your teammates. Point out your defensive assignment.
3. Never permit your man to take a deliberate shot.
4. Box out your opponent after every shot to insure preferred position for the rebound.
5. Play your man loose (sag) when he does not have the ball.
6. If your man seldom shoots, maybe you can float on him and help out a teammate.
7. Play far enough away from your man when he has the ball to prevent him from ~~skating~~ driving around you but close enough to keep him from shooting.
8. REMEMBER ---when your man passes always get in the habit of dropping back two steps and be ready to do with him if he cuts.
9. Always fight or slide your way through an attempted pick unless a definite is coming up--then switch.
10. The man nearest the basket yells "switch" on a sure block.
11. Be determined that your man will not score.
12. Keep your hands up at all times--you may knock down or discourage some passes.
13. A good defense requires FIVE good guards--no weak sisters.
14. Gamble occasionally on an interception BUT know when to and when not to.
15. Shift quickly from offense to defense. Get back to half court quickly but never take your eyes off the ball. Point out your man and learn to talk to teammates.

"THE STATEMENT 'PLAYERS ARE BORN AND NOT MADE' HAS BEEN DISPROVED THOUSANDS OF TIMES. MOST GOOD PLAYERS 'GET THAT WAY' BECAUSE OF EXPERIENCE AND PRACTICE. THE BEST EXAMPLE IS SHOOTING. SOME SAY A PLAYER IS A NATURAL SHOT YET WHEN TRIED DOWN IT WILL BE FOUND THAT THE PLAYER PAID THE PRICE BY MANY LABORIOUS YEARS OF HARD PRACTICE. HANK LUISETTI PRACTICED HIS ONE HAND SHOT THOUSANDS OF TIMES FROM DIFFERENT POSITIONS AND ANGLES"

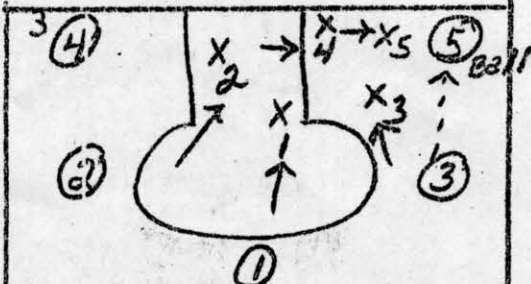
INDIVIDUAL DEFENSIVE TIPS

1. Many coaches say "the best defense is a good offense" and that "the opponents can't score when we have score when we have the ball." There is truth in both of them but it's not the whole truth. A good offense with a weak defense will not win games against a team with both a good offense and a good defense. On nights when your offense fails, your defense (if it is a good one) will save you.
2. Many boys, as a rule, don't like to play defensive ball as it is unspectacular and is really hard work.
3. On the days when we feel that we are tough defensively it just means that we are all on our toes, diving for loose balls, rebounding viciously, cutting at terrific speed, keeping our hands and arms up, talking to each other, not letting our man shake us, and in general, beating our opponents to the punch.
4. Try to put the defense on a man before he gets the ball. How often have you seen a defensive man allow an offensive man to catch the ball, then slide up and try to guard him? Our style is to put the pressure on them as soon as we lose possession of the ball.
5. Never allow your man to get between you and the basket except when you are very near the basket. Always take a position that will prevent the offensive man a direct route to the basket or which will enable you to intercept any pass in toward your man.
6. Always keep your eyes on the ball and the man at the same time in playing defense. In playing man to man defense, always know where the ball is but never take your eyes off your man.
7. Force an opponent to take long, hurried shots. Talk to him, wave your hand at the proper moment but never let him "get set."
8. Always maintain the inside position. Drive or force the dribblers to go to the side line. Don't stand flatfooted and slap at the ball. Get in motion with the man and go with him as he dribbles by, using your inside hand and try to take the ball away from him. Be sure you are in good position--that is a little ahead of him.
9. To avoid fouling: Play the ball and not the man. "A clever ball handler can make a defensive man foul him."
10. One of the greatest defensive mistakes you can make is to be caught flat footed or off-balance.
11. Another grave error is to take your eyes off a man after he passes the ball past you. Stay with your man by keeping your eyes on him and dropping back that automatic one or two steps.
12. Watch your footwork: Never cross your legs. Slide with your man. Play on the balls of your feet in a crouched position. Take a stance that is comfortable and one that enables you to shift in any direction quickly. **KEEP THOSE ARMS UP!**

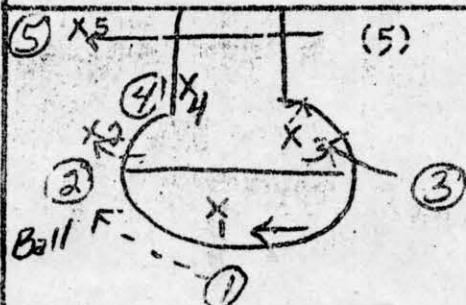
1



The basic defensive positions.



O3 has passed to O5 in the corner. X5 picks up O5 man for man, X3 loosens up on O3. X4 moves behind X5 to watch for the man cutting. X1 and X2 are in the free throw lane to block out opponents O4 and O2 and to rebound.



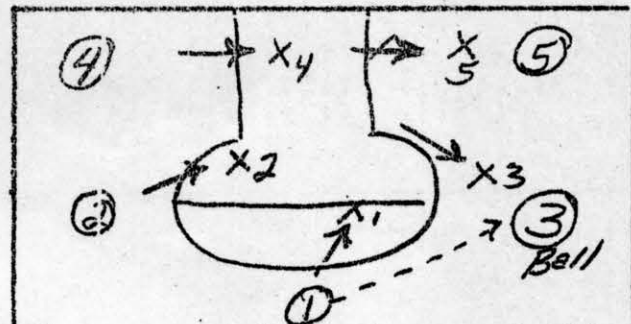
If O4 is a very tall boy and X4 is the only tall defensive man, we will play the pivot man for man.

(Further explanation on next page)

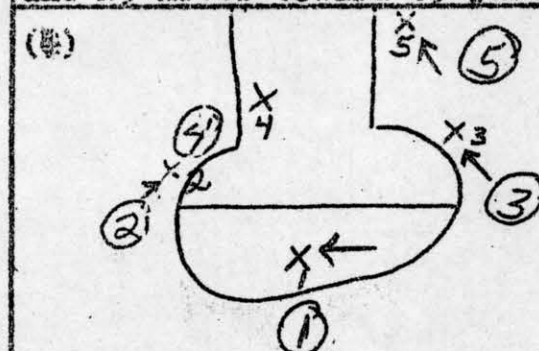
Try to imagine a heavy rubber band connecting you to each other. As the ball is passed around, the man nearest the ball moves out to cover man-for-man which should draw the next two teammates into positions on either side of him and slightly to the rear. Then, in turn, the other two boys are drawn away from their former areas and this helps to complete a star-shaped defense.

X - Defense
O - Offense

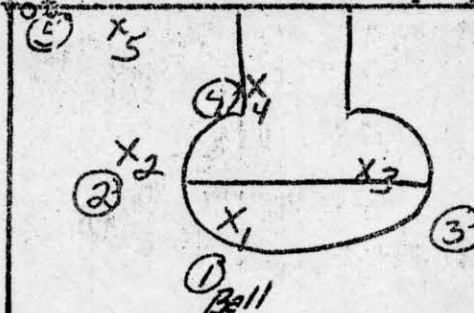
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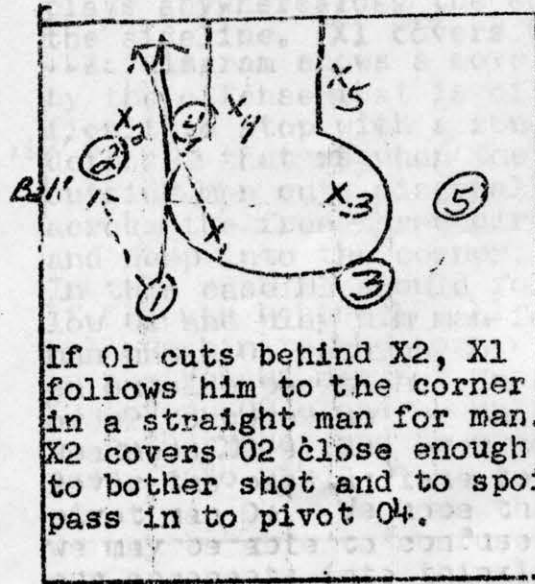
O1 has passed to the man to his right so the defense moves so that it points towards the ball. In this case X3 plays O3 man for man. X1 drops off O1 just a little and X5 moves toward O5 just a little.



The opponents have a pivot man. X1 shifts half man to right to better block the passing lane. From O1 to O4, X2 is ready to cover O2 if he receives the ball but is also alert to intercept passes to pi.

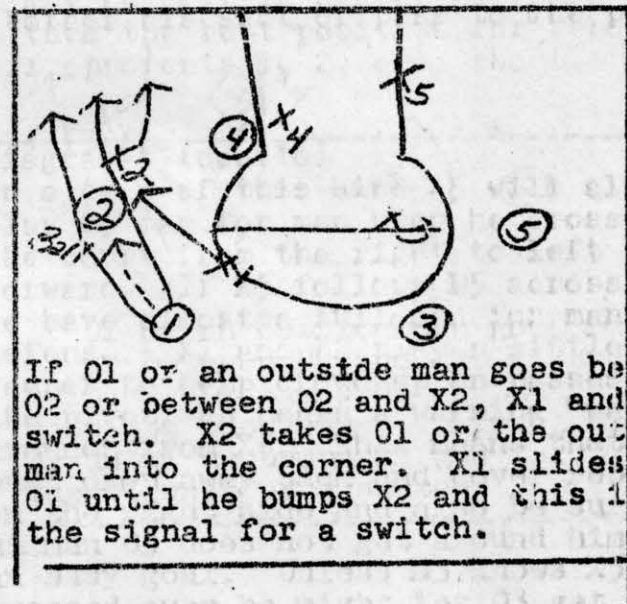


7A



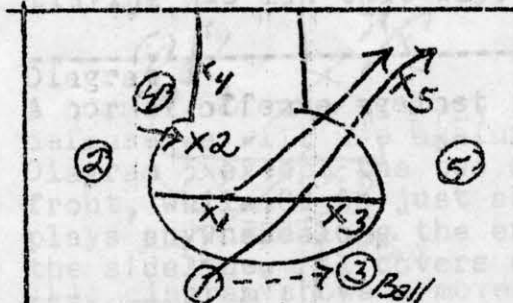
If O1 cuts behind X2, X1 follows him to the corner in a straight man for man. X2 covers O2 close enough to bother shot and to spoil pass in to pivot O4.

7B



If O1 or an outside man goes behind O2 or between O2 and X2, X1 and X2 switch. X2 takes O1 or the outside man into the corner. X1 slides with O1 until he bumps X2 and this is the signal for a switch.

8



This diagram shows a move by the offense that is difficult to stop with a zone defense, that is when the outside man cuts diagonally across the free throw circle and deep into the corner. In this case X1 should follow O1 and play him man for man until O1 returns to an outside position. In order to cover up for this weakness X2 slides over to cover the passing lane to pivot man O4. We hope that we may be able to confuse our opponents into thinking that we are playing a straight man for man since X1 is playing his man that way.

Briefly stated, the zone defense that we will use is not strictly speaking a zone defense but rather a combination of zone and man for man defense. We will play the man with the ball a straight man for man, the next two opponents who are closest to the ball, a rather loose man for man, and the other two men play a zone, covering the area nearer the goal that may be next in danger or which will give them the best position for rebounding if opponents 1, 2, or 3 shoot.

Diagram 5 (cont'd)

In a case of this kind X5 will also play O5 man for man when he crosses the court from the right to left forward. If X5 follows O5 across we have almost a full man for man defense. X1 and X2 play a little deeper to help crowd up on passes to the pivot, X3 hears a warning "watch around" from X5. This means that X3 must drop away back and cover rebounds on the right side and also be sure his man O3 does not get around him for an easy goal. Unless X3 knows X5 has crossed over he might let O3 get around him for an easy layup.

Diagram 6

A normal offense against the zone is the overload. This is the defense we will use against the overload. It is very similar to Diagram 5 except the two offensive guards, O1 and O3 are out in front, while O2 is just about opposite the free throw line, O5 plays anywhere along the end line from under the goal line out to the sideline. X1 covers O1 to bother his shot or pass to the pivot

Diagram 6(continue)

man, 04. X2 again is alert to intercept passes from 01 to 04 and is also ready to move out on 02 if 01 passes the ball to 02. 05 plays loose on 05, but is ready to jam under the goal for the rebound if either 01 or 02 should shoot. X5 also helps X4 if the pivot man 04 gets a pass in and shoots. X3 is responsible for all of the zone on the right side of the lane; he must stay well inside of 03 and play all rebounds which come off the right side.

REBOUNDING TIPS

DEFENSIVE REBOUNDING:

1. Position--intercept offensive man by keeping between him and where you think the ball will rebound. Keep him on your hip and far enough from the board to enable you to recover the deeper rebounds.
2. Crouch low, jump high and come down with the ball and go to a corner position or safety area with it. Look for the man on the side of the court for a possible fast break. On defense get complete control and possession as soon as possible. As soon as you have possession shout BALL.
3. In getting position, as the shot is taken watch the movement of the offensive man and he will usually tell by his move as to just where the ball is coming down. If he goes to your right pivot on your right foot and if he goes to your left pivot on your left foot.
4. Stay low, keep arms up, and keep your feet end out.

OFFENSIVE REBOUNDING:

1. When you shoot you are in the best position for judging the possible flight of the ball on the rebound.
2. Move fast and quick to get position inside the defensive man who is trying to block you out.
3. Go high and try to tip the ball in at its highest point. Defense can not do this but must strive for possession.
4. If you can not tip it in get control and move for a shot or pass to a teammate outside.

SOME THINGS TO REMEMBER ABOUT REBOUNDING:

1. Call rebound on all shots.
2. About 2/3's of the shots fail to go in on the first attempt and that out of the rebounds you are liable to get your best offensive chances because the defense is in poor position.
3. In offensive rebounding you have your best weapon for slowing the other team's fast break because you force them to concentrate on getting the ball to a safety area instead of starting an immediate fast break.
4. Defensive rebounding is essential if you are to use your fast break.
5. Good aggressive play on the boards is the best means of combating superior height advantage which many of your opponents will probably enjoy.
6. Rebounding is one of the most important phases of the game of basketball. Remember that in order to score you must have possession of the ball and possession of the ball off the boards is where you will win many games or lose many game unless you control the boards.

FOOD FOR THOUGHT

1. Work "with a purpose" on offense; do not run aimlessly about.
2. Control your temper. Basketball games get rough at times.
3. Complexes??? Develop the superiority brand. A cocky ball player is usually sure of himself.
4. Play the game not as an item of statistical record, but for fun.
5. Create for yourself some kind of mental image--some sort of a model--and try to imitate him.
6. Wherever there is growth there is memory.
7. Learn to organize your game while the ball is in motion.
8. Learn to do certain things with and without the ball when you are guarded closely.
9. Recognize offensive and defensive qualities in your teammates. Separate their individual tactics and see their value in team play.
10. Poor players usually take a dribble each time they receive a pass. Dribble only when necessary.
11. Never hurry your shots. Haste makes for waste. Keep possession rather than lose the ball.
12. Credits are not handed out in any sport for average efforts.
13. Defensively, do not overguard where you are easily faked out of position.
14. No matter how good a team is, it is never too good to beat itself if it gets overconfident.
15. A GREAT PLAYER is one who hates to lose, prepares NOT to lose and BURNS UP INSIDE when he does lose.
16. A GREAT PLAYER is a money player--one who can rise to the occasion in an important game.
17. Great players can be recognized by their actions--not by their numbers.
18. Don't squawk when you get a bad break--take it in silence and wait for a better day.
19. Many narrow-chested, spindly-limbered basketball players, who are built out of wire and possess real fire, are greater players than the perfect physical specimens.
20. "When we are green we grow; when we think we are ripe, we are beginning to get rotten." No one man knows everything about basketball.
21. A shot is a pass to yourself---GO GET IT.
22. Develop a good shot. Baskets win games.
23. LIVE THE PART--think of the game on and off the court.

FOOD FOR THOUGHT

24. Sustained ball-handling adds beauty and baskets to the game. Develop your ball-handling ability.
25. A fast deceptive player is dangerous. Develop speed and deception.
26. The "mind player" is more effective than the "muscle" player.
27. Learn to pace yourself--don't go at top speed throughout the game. Develop a change of pace.
28. Display a lot of "guts" away from home. Don't be afraid of names, players, or reputations.
29. Keep your eyes peeled to correct mistakes. Repetition makes the master. Try to avoid making the same mistakes twice.
30. Don't get discouraged if you are not tall.--champions come in all sizes.
31. The best teams are usually the happy families. No locker-room lawyers.
32. Think of your team--not yourself.
33. It is better to train today than wait for tomorrow to be outclassed. Stay in condition. Smoking, drinking and necking parties do not mix with WINNING basketball.
34. The tougher the competition, the faster you will improve. Soft games knock you out of shape mentally and physically.
35. Never take a pass standing still. Move toward the ball.
36. A "spark plug" is needed by every team.
37. Don't be a "prima donna" or a "lone wolf". Five men make a team.
38. Don't be sensitive to criticism. Listen to and respect your coach.
39. Better to suffer in adversity than to be dishonest. Don't alibi.
40. Avoid overstrain and fatigue. Rest is imperative.
41. Be always tormented by the "itch" to understand why.
42. Plan on winning EVERY game.
43. WHEN THE SEASON IS OVER, LOOK BACK AND BE ABLE TO SAY, " I GAVE MY BEST ALL THE TIME."
44. Long, patient and intelligent practice sessions are the route all champions have followed.
45. The more severe the coach's criticism, the more he is probably interested in your success. He wouldn't waste his breath if he were not interested.

FOOD FOR THOUGHT

46. The SPIRIT OF THE NON-STARTERS DURING OUR GAMES SHOULD BE, "WE CAN'T START BUT WE ARE PULLING FOR YOU WHO CAN. GO OUT AND POUR IT ON."
47. Poise, confidence and enthusiasm on your part spells trouble for your opponent.
48. Condition counts--IN WINS. You are your own policeman--GET TOUGH.
49. Your team only improves when you improve yourself.
50. If your job is that of a sub then be the best sub--the one we can turn to with confidence. If you don't show spirit and fight on the bench how can you show it in the game.
51. If you don't get to play in a game be disappointed. I don't blame you. But always remember one thing--I WANT TO WIN JUST AS MUCH AS YOU DO!
52. Keep in mind that we only play each game once.--make the most of that one time.
53. Good things are to be shared--so is basketball scoring.
54. Deal kindly with your teammates. Sometimes a word of encouragement and a smile will give a teammate a big boost.
55. REMEMBER--YOU WILL GET OUT OF BASKETBALL JUST WHAT YOU PUT INTO IT!

The following is a quote by a famous basketball coach:

"EARLY IN THE SEASON I HAVE A FRANK TALK WITH MY SQUAD. I TALK ALONG THESE LINES: 'THIS IS YOUR TEAM, NOT MINE. WHAT WE ACCOMPLISH THIS YEAR IN A LARGE MEASURE WILL DEPEND UPON WHAT YOU BOYS DESIRE TO DO. CHAMPIONSHIPS ARE NOT WON BY WISHING AND HOPING. THEY ARE WON BY HARD WORK AND A WILLINGNESS ON THE PART OF YOU BOYS TO SACRIFICE SOME OF THE NORMAL PHASES OF SCHOOL LIFE. IF YOU ARE IN THE HABIT OF SMOKING, I'D LIKE YOU TO STOP. LET YOUR OPPONENTS SMOKE. I KNOW SOME OF YOU MUST STUDY LATE SO DON'T WASTE YOUR TIME. OUR TEAM IS RICH IN BASKETBALL TRADITION. ARE YOU WILLING TO WORK AND SACRIFICE TO ADD TO THIS? IT IS YOUR TEAM, YOU MAKE THE RULES.'"

INDIVIDUAL CHECK LIST

1. FOOTWORK:
 - a. Starts and stops
 - b. Rear and front pivot
 - c. Side and reverse turns
 - d. Defensive footwork:
 - (1) Proper stance, body position.
 - (2) Proper shifting forward, back, to the sides.
 - (3) Jumping and landing.
2. DRIEBLING:
 - a. while standing still
 - b. Low running dribble around defense.
 - c. High dribble for speed.
 - d. Right-left hand dribble.
 - e. Change of pace dribble.
3. PASSING AND CATCHING:
 - a. Two-hand chest pass
 - b. Right-left hand chest pass
 - c. one-two hand chest pass.
 - d. Baseball pass.
 - e. Catching the ball.
 - f. Hook pass.
4. TIPPING AND RETRIEVING:
 - a. Jumping and tipping with either hand to all positions.
 - b. Retrieving tip-offs in various positions.
 - c. Tipping of rebounds:
 - (1) Into basket
 - (2) Out to teammates.
 - d. Retrieving rebounds and passing out.
 - e. Retrieving loose balls in floor play.
5. SHOOTING:
 - a. Short shots: (within 12 feet)
 - (1) Right-left hand layups
 - (2) Right-left pivot shots
 - (3) One hand push shot
 - (4) short jump shot.
 - b. Medium shots; (12 to 24 feet)
 - (1) One hand push shot, right and left hand.
 - (2) Overhead two hand shot
 - (3) Jump shot
 - (4) Set shot (two hand)
 - c. Long shots: (beyond 24 feet)
 - (1) Set shots
 - d. Shots peculiar to individuals
 - (1) Hooks, overhead, under-hand layups, etc.
 - e. Free throw.
 - f. variety of shots.
6. DEFENSE:
 - a. Proper stance.
 - b. Position
 - c. Arms and hands
 - d. Voice
 - e. Proper angle
 - f. Savvy
 - g. Giving ground after a passoff.
 - h. Rebounding.
7. OFFENSE:
 - a. Fakes
 - b. Watching defensive weaknesses.
 - c. Cutting
 - d. Change of pace
 - e. Screen
 - f. Anticipating playes.
 - g. Savvy.
 - h. Rebounding